

ABSTRACT OF THE DISCLOSURE

An optical recording apparatus includes a light source driving unit for driving a light source; an emitted light power detecting unit for detecting an emitted light power; a temperature detecting unit for detecting a temperature of the light source; a light power control unit for adjusting a driving current of the light source such that a change rate of an emitted light power detection value fall within a predetermined range; and a detection value storing unit for storing a driving current adjustment value in association with a temperature detection value. The light power control unit adjusts the driving current value of the light source based on an stored detection value when the temperature detection value is within a range of temperature detection values already stored in the detection value storing unit.